



The Benefits Bulletin

Statewide Benefits Office

December 3, 2020

Rethink Support Benefit extended into 2021. Click here to learn more.

National Handwashing Awareness Week

The first week in December is National Handwashing Awareness Week. [Washing your hands](#) with soap and water is the best way to get rid of germs. If soap and water are not available, you can use hand sanitizer. By keeping your hands clean, you help keep you and your family members healthy. Prevent the spread of germs by washing your hands in situations including:

- Before you touch your eyes, nose or mouth
- Before you prepare or eat food
- After you blow your nose, cough or sneeze
- After you use the restroom
- After you have touched public items or surfaces such as door handles, tables, gas pumps, shopping carts, etc.

While these situations may seem obvious, you might not think about clean hands if you are a patient in a healthcare setting. However, you can help reduce the risk of getting an infection while being treated for something else if you remind your healthcare providers to clean their hands. Learn more about hand hygiene in healthcare settings by visiting the [Choosing the Right Care](#) page on SBO's website and clicking the "Speak Up for Clean Hands" link.



Urgent Call for Blood Donors

The Statewide Benefits Office is partnering with the Blood Bank of Delmarva (BBD) to promote the ongoing need for blood donations. The BBD is a 501(c)3 non-profit, community service program that provides blood and blood products to hospitals in the Delmarva region. Due to the pandemic, many on-site blood drives have been cancelled, resulting in a blood deficit for patients in need. If you are able, please [schedule an appointment](#) to donate today. Other than a short time commitment, there is **no cost to you**. Federal, state and FDA guidelines are strictly followed to ensure the safety of blood donors and staff. You must be symptom-free or if you had COVID-19, be symptom-free for 14 days after recovering to donate.



Employee Spotlight

"I used to go to a walk-in clinic for a recurring issue, which meant waiting to be seen and then a separate trip to fill a prescription. I worried I would have to make an unnecessary trip to the Emergency Room if the walk-in clinic was unavailable on the weekend.

A colleague suggested I try Doctor on Demand and showed me how to download the app on my phone. I had never done a videoconference with a doctor before, but she said there was no appointment, no wait, no copay, and they can pull up records of previous visits. When I went home and tried it, I thought, "Wow, this is pretty cool!"

The doctor I spoke to most recently read my history and ran a cross-check on my medication to make sure there would be no dangerous interactions before phoning my prescription directly to my pharmacy. This is so much more convenient; I don't have to miss school, and I can do it from the privacy of my home. Plus, there's no bill! I will definitely keep using this service in the future."

[Click here](#) for the full testimonial.

~Melanie T., Laurel School District

ComPsych® (EAP) Orientation Webinar

Effective January 1, 2021, the State of Delaware's Employee Assistance Program (EAP) will be provided through ComPsych® GuidanceResources®. On December 8th and 9th, ComPsych® GuidanceResources® will offer orientation webinars to employees enrolled in a Group Health Insurance Plan. During the hour-long webinar, you will learn about the programs offered by ComPsych® GuidanceResources® and how you and members of your household can benefit from them. You can register to attend a webinar on the [ComPsych® GuidanceResources®](#) page of the SBO Website.

Hidden Treasures Find the hidden code on the ComPsych® GuidanceResources® page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Jamie D., State Courts!